USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Betaine (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: September 18, 2016 04:01 EDT

NDB_No	Description	Betaine(mg) Value Per
20035	Quinoa, uncooked	630,40
36041	Restaurant, Italian, lasagna with meat	594,40
36042	OLIVE GARDEN, lasagna classico	594,40
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	591,40
36630	Restaurant, Italian, spaghetti with meat sauce	546,10
36631	OLIVE GARDEN, spaghetti with meat sauce	500,90
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	474,70
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	472,00
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	469,40
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	360,00
35196	Lambsquarters, raw (Northern Plains Indians)	331,70
11084	Beets, canned, drained solids	255,50
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	248,40
11082	Beets, canned, regular pack, solids and liquids	228,10
11735	Beets, canned, no salt added, solids and liquids	219,70
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	198,70
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	158,00
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	151,20
20062	Rye grain	146,10
20120	Pasta, dry, enriched	142,40
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	135,20
20109	Noodles, egg, dry, enriched	131,70
20409	Noodles, egg, dry, unenriched	131,70
11080	Beets, raw	128,70
18075	Bread, whole-wheat, commercially prepared	126,50
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	123,90
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	121,10
11463	Spinach, frozen, chopped or leaf, unprepared	117,40
20138	Wheat, KAMUT khorasan, uncooked	113,00

NDB_No	Description	Betaine(mg) Value Per
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	112,00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	112,00
11457	Spinach, raw	102,60
18069	Bread, white, commercially prepared (includes soft bread crumbs)	101,90
21106	Fast foods, fish sandwich, with tartar sauce and cheese	98,20
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	96,70
11458	Spinach, cooked, boiled, drained, without salt	89,00
11854	Spinach, cooked, boiled, drained, with salt	89,00
18064	Bread, wheat	85,20
20013	Bulgur, cooked	83,40
11461	Spinach, canned, regular pack, drained solids	83,20
20080	Wheat flour, whole-grain	72,80
20081	Wheat flour, white, all-purpose, enriched, bleached	70,30
20121	Pasta, cooked, enriched, without added salt	68,00
20421	Pasta, cooked, unenriched, without added salt	68,00
20001	Amaranth grain, uncooked	67,60
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	67,50
20130	Barley flour or meal	65,50
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	63,40
18228	Crackers, saltines (includes oyster, soda, soup)	62,70
25037	Snacks, pita chips, salted	60,90
18030	Bread, french or vienna, toasted (includes sourdough)	58,60
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	55,30
25046	Snacks, bagel chips, plain	53,00
19047	Snacks, pretzels, hard, plain, salted	50,00
18229	Crackers, standard snack-type, regular	48,00
18101	Cake, chocolate, prepared from recipe without frosting	47,70
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	46,40
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	45,60
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	45,40
22247	Macaroni and Cheese, canned entree	43,20
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	42,00
18214	Crackers, cheese, regular	39,70
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	39,10
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	38,80
16424	Soy sauce made from soy and wheat (shoyu), low sodium	38,60

NDB_No	Description	Betaine(mg) Value Per
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	38,20
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	36,40
18127	Cake, snack cakes, creme-filled, chocolate with frosting	36,40
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36,30
18972	Bread, cheese	35,50
12036	Seeds, sunflower seed kernels, dried	35,40
27042	Soup, clam chowder, new england, canned, ready-to-serve	34,90
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	34,70
11508	Sweet potato, cooked, baked in skin, flesh, without salt	34,60
11875	Sweet potato, cooked, baked in skin, flesh, with salt	34,60
22928	Burrito, beef and bean, microwaved	34,00
17424	Veal, ground, cooked, pan-fried	33,90
35141	Mutton, cooked, roasted (Navajo)	33,90
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	33,10
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	32,60
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	32,60
20132	Oat flour, partially debranned	30,70
05326	Chicken breast tenders, breaded, cooked, microwaved	30,20
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	30,00
11658	Spinach souffle	29,90
16123	Soy sauce made from soy and wheat (shoyu)	29,80
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	29,50
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	29,30
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	29,30
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	29,20
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	29,10
02015	Spices, curry powder	28,80
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	28,40
36620	Restaurant, Chinese, shrimp and vegetables	28,00
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	27,80
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	27,80
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	27,80
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	27,60
17427	Veal, loin, chop, separable lean only, cooked, grilled	27,40
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	26,90
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	26,80

NDB_No	Description	Betaine(mg) Value Per
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	26,70
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	26,50
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	26,50
15262	Fish, tilapia, cooked, dry heat	26,30
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	26,30
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	26,20
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	26,10
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	26,00
17142	Veal, ground, raw	25,60
08122	Cereals, oats, instant, fortified, plain, dry	25,40
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	25,30
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	25,20
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	25,20
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	25,10
05324	Chicken patty, frozen, cooked	25,00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	24,90
23095	Beef, chuck for stew, separable lean and fat, choice, raw	24,40
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	24,20
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	24,10
18964	Cinnamon buns, frosted (includes honey buns)	24,10
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	24,10
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	24,00
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	24,00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	23,90
35009	Whale, beluga, meat, dried (Alaska Native)	23,80
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	23,70
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	23,70
17107	Veal, loin, separable lean only, raw	23,40
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	23,20
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	23,10
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	23,10
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	23,00
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	22,90
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	22,80
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	22,70
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	22,50

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23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	22,50
05323	Chicken patty, frozen, uncooked	22,40
36601	Restaurant, Chinese, egg rolls, assorted	21,90
21202	Fast foods, hamburger, large, single patty, with condiments	21,80
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	21,80
15261	Fish, tilapia, raw	21,70
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	21,60
18968	Bagels, wheat	21,60
19404	Snacks, granola bars, soft, uncoated, chocolate chip	21,60
03189	Babyfood, cereal, oatmeal, dry fortified	21,40
17104	Veal, loin, separable lean and fat, raw	21,40
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	21,40
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	21,40
35205	Stinging Nettles, blanched (Northern Plains Indians)	21,40
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	21,30
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	21,30
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	21,30
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	21,20
17428	Veal, shank, separable lean only, raw	21,10
05661	Chicken, liver, all classes, cooked, pan-fried	21,00
17131	Veal, shoulder, blade chop, separable lean only, raw	21,00
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	21,00
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	20,90
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	20,90
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	20,80
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	20,80
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	20,60
17435	Veal, shank, separable lean and fat, raw	20,50
08074	Cereals ready-to-eat, RALSTON TASTEEOS	20,40
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	20,40
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	20,20
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	20,10
22955	Egg rolls, vegetable, frozen, prepared	20,10
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	20,10
21024	Fast foods, french toast sticks	20,00
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	19,90

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13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	19,90
17128	Veal, shoulder, blade chop, separable lean and fat, raw	19,90
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	19,90
36044	ON THE BORDER, Mexican rice	19,90
36417	Restaurant, Mexican, spanish rice	19,90
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	19,80
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	19,70
20033	Oat bran, raw	19,60
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	19,50
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	19,40
06982	Soup, ramen noodle, beef flavor, dry	19,20
20110	Noodles, egg, enriched, cooked	19,20
20310	Noodles, egg, cooked, enriched, with added salt	19,20
20410	Noodles, egg, unenriched, cooked, without added salt	19,20
20510	Noodles, egg, cooked, unenriched, with added salt	19,20
21020	Fast foods, english muffin, with cheese and sausage	19,10
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	19,00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	19,00
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	18,90
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	18,90
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	18,80
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	18,70
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	18,70
17095	Veal, leg (top round), separable lean and fat, cooked, braised	18,60
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	18,60
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	18,60
03048	Babyfood, macaroni and cheese, toddler	18,50
15027	Fish, fish sticks, frozen, prepared	18,50
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	18,50
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	18,30
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	18,20
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	18,10
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	18,10
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	18,00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	17,90
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	17,90

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13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	17,80
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	17,80
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	17,80
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	17,60
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	17,50
17114	Veal, rib, separable lean only, cooked, braised	17,50
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	17,40
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	17,40
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	17,40
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	17,30
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	17,30
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	17,30
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	17,30
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	17,20
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	17,20
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	17,20
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	17,20
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	17,20
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	17,20
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	17,10
17151	Game meat, beaver, cooked, roasted	17,10
17181	Game meat, rabbit, wild, cooked, stewed	17,10
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	17,10
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	17,10
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	17,10
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	17,10
06583	Soup, ramen noodle, any flavor, dry	17,00
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	17,00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	17,00
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	17,00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	17,00
05027	Chicken, liver, all classes, raw	16,90
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	16,90
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	16,80
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	16,80
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	16,70

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13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	16,70
17132	Veal, shoulder, blade, separable lean only, cooked, braised	16,70
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	16,70
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	16,70
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	16,60
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	16,60
17111	Veal, rib, separable lean and fat, cooked, braised	16,60
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	16,60
21130	Fast foods, onion rings, breaded and fried	16,60
21509	BURGER KING, Onion Rings	16,60
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	16,60
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	16,60
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	16,60
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	16,60
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	16,60
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	16,50
17108	Veal, loin, separable lean only, cooked, braised	16,50
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	16,40
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	16,40
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	16,40
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	16,40
18301	Pie, apple, commercially prepared, enriched flour	16,40
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	16,40
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	16,30
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	16,30
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	16,30
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	16,30
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	16,30
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	16,20
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	16,20
17184	Game meat, squirrel, cooked, roasted	16,20
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	16,20
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	16,20
02003	Spices, basil, dried	16,10
06983	Soup, ramen noodle, chicken flavor, dry	16,10
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	16,10

NDB_No	Description	Betaine(mg) Value Per
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	16,10
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	16,10
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	16,10
17147	Game meat, bear, cooked, simmered	16,10
17163	Game meat, caribou, cooked, roasted	16,10
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	16,10
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	16,10
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	16,10
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	16,10
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	16,00
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	16,00
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	15,90
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	15,90
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	15,90
36416	Restaurant, Latino, bunuelos (fried yeast bread)	15,90
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	15,80
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	15,80
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	15,80
13345	Beef, cured, breakfast strips, cooked	15,70
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	15,70
18166	Cookies, chocolate sandwich, with creme filling, regular	15,70
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	15,60
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	15,60
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	15,60
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	15,60
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	15,60
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	15,60
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	15,50
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	15,50
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	15,50
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	15,40
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	15,40
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	15,40
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	15,40
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	15,40
17159	Game meat, boar, wild, cooked, roasted	15,40

NDB_No	Description	Betaine(mg) Value Per
21060	Fast foods, burrito, with beans	15,40
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	15,30
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	15,30
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	15,30
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	15,30
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	15,30
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	15,30
17176	Game meat, opossum, cooked, roasted	15,30
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	15,30
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	15,30
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	15,20
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	15,20
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	15,20
17173	Game meat, moose, cooked, roasted	15,20
17182	Game meat, raccoon, cooked, roasted	15,20
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	15,20
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	15,20
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	15,10
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	15,10
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	15,10
17157	Game meat, bison, separable lean only, cooked, roasted	15,10
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	15,10
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	15,10
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	15,00
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	15,00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	15,00
17105	Veal, loin, separable lean and fat, cooked, braised	15,00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	15,00
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	15,00
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	14,90
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	14,90
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	14,90
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	14,90
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	14,90
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	14,80
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	14,80

NDB_No	Description	Betaine(mg) Value Per
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	14,80
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	14,80
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	14,80
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	14,80
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	14,80
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	14,80
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	14,80
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	14,80
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	14,70
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	14,70
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	14,70
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	14,70
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	14,70
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	14,70
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	14,70
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	14,70
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	14,70
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	14,70
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	14,60
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	14,60
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	14,60
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	14,60
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	14,60
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	14,50
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	14,50
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	14,50
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	14,50
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	14,50
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	14,50
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	14,50
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	14,50
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	14,50
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	14,50
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	14,50
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	14,40
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	14,40

NDB_No	Description	Betaine(mg) Value Per
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	14,40
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	14,30
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	14,30
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	14,30
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	14,30
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	14,30
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	14,20
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	14,20
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	14,20
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	14,20
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	14,20
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	14,20
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	14,20
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	14,20
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	14,20
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	14,20
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	14,20
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	14,20
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	14,20
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	14,10
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	14,10
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	14,10
22529	Beef Pot Pie, frozen entree, prepared	14,10
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	14,10
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	14,10
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	14,10
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	14,10
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	14,10
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	14,10
07053	Pate, chicken liver, canned	14,00
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	14,00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	14,00
17169	Game meat, goat, cooked, roasted	14,00
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	14,00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	14,00
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	14,00

NDB_No	Description	Betaine(mg) Value Per
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	14,00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	13,90
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	13,90
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	13,90
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	13,90
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	13,90
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	13,90
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	13,90
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	13,90
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	13,90
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	13,90
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	13,90
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	13,90
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	13,90
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	13,90
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	13,90
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	13,90
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	13,90
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	13,90
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	13,90
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	13,90
36045	ON THE BORDER, refried beans	13,90
36418	Restaurant, Mexican, refried beans	13,90
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	13,80
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	13,80
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	13,80
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	13,80
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	13,80
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	13,80
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	13,80
17109	Veal, loin, separable lean only, cooked, roasted	13,80
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	13,80
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	13,80
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	13,80
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	13,80
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	13,80

NDB_No	Description	Betaine(mg) Value Per
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	13,70
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	13,70
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	13,70
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	13,70
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	13,70
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	13,70
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	13,70
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	13,70
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	13,70
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	13,70
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	13,70
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	13,70
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	13,70
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	13,70
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	13,60
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	13,60
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	13,60
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	13,60
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	13,60
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	13,60
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	13,60
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	13,60
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	13,60
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	13,60
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	13,60
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	13,60
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	13,60
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	13,60
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	13,60
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	13,60
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	13,50
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	13,50
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	13,50
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	13,50
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	13,50
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	13,50

NDB_No	Description	Betaine(mg) Value Per
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	13,50
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	13,50
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	13,50
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	13,50
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	13,50
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	13,50
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	13,50
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	13,50
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	13,50
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	13,40
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	13,40
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	13,40
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	13,40
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	13,40
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	13,40
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	13,40
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	13,40
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	13,40
17344	Game meat, deer, ground, cooked, pan-broiled	13,40
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	13,40
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	13,40
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	13,30
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	13,30
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	13,30
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	13,30
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	13,30
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	13,30
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	13,30
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	13,30
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	13,30
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	13,30
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	13,30
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	13,30
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	13,20
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	13,20
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	13,20

NDB_No	Description	Betaine(mg) Value Per
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	13,20
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	13,20
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	13,20
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	13,20
17094	Veal, leg (top round), separable lean and fat, raw	13,20
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	13,20
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	13,20
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	13,20
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	13,20
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	13,20
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	13,20
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	13,10
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	13,10
17106	Veal, loin, separable lean and fat, cooked, roasted	13,10
17136	Veal, sirloin, separable lean and fat, cooked, roasted	13,10
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	13,10
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	13,10
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	13,10
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	13,10
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	13,10
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	13,10
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	13,00
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	13,00
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	13,00
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	13,00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	13,00
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	13,00
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	13,00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	13,00
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	13,00
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	13,00
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	13,00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	13,00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	12,90
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	12,90
17343	Game meat, deer, ground, raw	12,90

NDB_No	Description	Betaine(mg) Value Per
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	12,90
05028	Chicken, liver, all classes, cooked, simmered	12,80
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	12,80
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	12,80
17148	Bison, ground, grass-fed, cooked	12,80
23094	Beef, chuck for stew, separable lean and fat, select, raw	12,80
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	12,80
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	12,80
05673	Chicken, skin (drumsticks and thighs), cooked, braised	12,70
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	12,70
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	12,70
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	12,70
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	12,70
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	12,70
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	12,70
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	12,70
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	12,70
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	12,70
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	12,70
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	12,70
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	12,70
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	12,70
22906	Chicken pot pie, frozen entree, prepared	12,70
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	12,70
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	12,70
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	12,70
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	12,60
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	12,60
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	12,60
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	12,60
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	12,60
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	12,60
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	12,60
15141	Crustaceans, crab, blue, canned	12,60
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	12,60
17149	Bison, ground, grass-fed, raw	12,60

NDB_No	Description	Betaine(mg) Value Per
05327	Chicken breast tenders, breaded, uncooked	12,50
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	12,50
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	12,50
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	12,50
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	12,50
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	12,50
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	12,50
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	12,50
17143	Veal, ground, cooked, broiled	12,50
18966	Crackers, saltines, whole wheat (includes multi-grain)	12,50
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	12,50
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	12,40
18128	Cake, snack cakes, creme-filled, sponge	12,40
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	12,40
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	12,40
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	12,40
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	12,40
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	12,40
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	12,40
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	12,40
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	12,30
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	12,30
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	12,30
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	12,30
17225	Lamb, ground, cooked, broiled	12,30
21388	Fast foods, miniature cinnamon rolls	12,30
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	12,30
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	12,30
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	12,30
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	12,30
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	12,20
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	12,20
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	12,20
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	12,20
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	12,20
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	12,20

NDB_No	Description	Betaine(mg) Value Per
17122	Veal, shoulder, arm, separable lean and fat, raw	12,20
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	12,20
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	12,20
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	12,20
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	12,20
11987	Mushrooms, oyster, raw	12,10
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	12,10
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	12,10
17134	Veal, sirloin, separable lean and fat, raw	12,10
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	12,10
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	12,10
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	12,10
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	12,00
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	12,00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	12,00
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	12,00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	12,00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	12,00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	12,00
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	12,00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	12,00
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	12,00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	12,00
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	12,00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	11,90
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	11,90
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	11,90
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	11,90
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	11,90
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	11,90
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	11,90
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	11,90
43283	Pheasant, cooked, total edible	11,90
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	11,80
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	11,80
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	11,80

NDB_No	Description	Betaine(mg) Value Per
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	11,80
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	11,80
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	11,80
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	11,80
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	11,80
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	11,80
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	11,80
13348	Beef, cured, corned beef, canned	11,70
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	11,70
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	11,70
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	11,70
03012	Babyfood, meat, chicken, strained	11,60
03013	Babyfood, meat, chicken, junior	11,60
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	11,60
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	11,60
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	11,60
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	11,60
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	11,60
20020	Cornmeal, whole-grain, yellow	11,60
20320	Cornmeal, whole-grain, white	11,60
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	11,60
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	11,60
11243	Mushrooms, portabella, grilled	11,50
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	11,50
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	11,50
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	11,50
18969	Cream puff, eclair, custard or cream filled, iced	11,50
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	11,50
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	11,50
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	11,40
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	11,40
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	11,40
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	11,40
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	11,40
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	11,30
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	11,30

NDB_No	Description	Betaine(mg) Value Per
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	11,30
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	11,30
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	11,30
21007	Fast foods, biscuit, with egg, cheese, and bacon	11,30
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	11,30
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	11,30
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	11,30
12086	Nuts, cashew nuts, oil roasted, without salt added	11,20
12586	Nuts, cashew nuts, oil roasted, with salt added	11,20
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	11,20
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	11,20
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	11,20
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	11,20
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	11,20
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	11,20
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	11,20
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	11,10
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	11,10
11266	Mushrooms, brown, italian, or crimini, raw	11,10
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	11,10
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	11,10
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	11,10
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	11,10
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	11,10
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	11,10
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	11,10
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	11,10
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	11,10
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	11,10
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	11,10
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	11,10
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	11,00
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	11,00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	11,00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	11,00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	11,00

NDB_No	Description	Betaine(mg) Value Per
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	11,00
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	10,90
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	10,90
21083	Fast foods, taco salad	10,90
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	10,90
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	10,90
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	10,90
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	10,80
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	10,80
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	10,80
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	10,80
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	10,80
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	10,80
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	10,80
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	10,80
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	10,70
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	10,70
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	10,70
13355	Beef, cured, pastrami	10,70
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	10,70
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	10,70
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	10,70
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	10,70
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	10,70
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	10,70
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	10,70
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	10,70
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	10,70
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	10,70
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	10,70
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	10,70
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	10,60
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	10,60
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	10,60
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	10,50
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	10,50

NDB_No	Description	Betaine(mg) Value Per
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	10,50
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	10,50
05306	Ground turkey, cooked	10,40
07956	Beef sausage, fresh, cooked	10,40
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	10,40
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	10,40
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	10,40
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	10,40
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	10,40
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	10,30
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	10,20
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	10,20
17224	Lamb, ground, raw	10,20
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	10,10
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	10,10
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	10,10
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	10,10
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	10,10
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	10,00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	10,00
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	10,00
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	10,00
21011	Fast foods, croissant, with egg and cheese	10,00
21022	Fast foods, english muffin, with egg, cheese, and sausage	10,00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	10,00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	10,00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	10,00
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	10,00
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	9,90
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	9,90
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	9,90
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	9,90
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	9,90
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	9,90
02027	Spices, oregano, dried	9,80
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	9,80

NDB_No	Description	Betaine(mg) Value Per
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	9,80
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	9,80
17203	Veal, variety meats and by-products, liver, cooked, braised	9,80
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	9,80
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	9,80
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	9,80
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	9,80
02043	Spices, turmeric, ground	9,70
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	9,70
15016	Fish, cod, Atlantic, cooked, dry heat	9,70
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	9,70
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	9,70
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	9,60
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	9,60
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	9,60
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	9,60
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	9,60
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	9,60
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	9,50
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	9,50
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	9,50
11263	Mushrooms, white, stir-fried	9,50
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	9,50
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	9,50
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	9,50
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	9,50
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	9,50
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	9,50
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	9,50
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	9,50
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	9,50
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	9,50
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	9,50
11260	Mushrooms, white, raw	9,40
11938	Mushroom, white, exposed to ultraviolet light, raw	9,40
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	9,40

NDB_No	Description	Betaine(mg) Value Per
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	9,40
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	9,40
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	9,40
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	9,40
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	9,40
36625	Restaurant, Chinese, vegetable lo mein, without meat	9,40
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	9,30
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	9,30
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	9,30
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	9,30
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	9,30
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	9,30
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	9,30
05147	Goose, domesticated, meat and skin, cooked, roasted	9,20
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	9,20
05642	Ostrich, ground, cooked, pan-broiled	9,10
13347	Beef, cured, corned beef, brisket, cooked	9,10
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	9,10
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	9,10
21009	Fast foods, biscuit, with sausage	9,10
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	9,10
43282	Quail, cooked, total edible	9,10
05100	Chicken, broilers or fryers, wing, meat and skin, raw	9,00
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	9,00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	9,00
15260	Fish, salmon, pink, canned, drained solids	9,00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	9,00
02030	Spices, pepper, black	8,90
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	8,90
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	8,90
05057	Chicken, broilers or fryers, breast, meat and skin, raw	8,80
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	8,80
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	8,80
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	8,80
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	8,80
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	8,80

NDB_No	Description	Betaine(mg) Value Per
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	8,80
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	8,80
43287	Dove, cooked (includes squab)	8,80
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	8,70
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	8,70
05080	Chicken, broilers or fryers, leg, meat only, raw	8,70
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	8,70
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	8,70
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	8,70
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	8,60
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	8,60
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	8,60
32009	Pasta mix, classic beef, unprepared	8,60
05011	Chicken, broilers or fryers, meat only, raw	8,50
05105	Chicken, broilers or fryers, wing, meat only, raw	8,50
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	8,50
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	8,50
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	8,50
13498	Beef, ground, 70% lean meat / 30% fat, raw	8,50
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	8,50
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	8,50
05142	Duck, domesticated, meat only, cooked, roasted	8,40
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	8,40
10861	Pork, cured, bacon, cooked, microwaved	8,40
18944	Pie, Dutch Apple, Commercially Prepared	8,40
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	8,40
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	8,40
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	8,40
23577	Beef, ground, 75% lean meat / 25% fat, raw	8,40
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	8,40
05674	Chicken, skin (drumsticks and thighs), raw	8,30
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	8,30
36621	Restaurant, Chinese, sweet and sour chicken	8,30
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	8,20
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	8,20
23572	Beef, ground, 80% lean meat / 20% fat, raw	8,20

NDB_No	Description	Betaine(mg) Value Per
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	8,10
05075	Chicken, broilers or fryers, leg, meat and skin, raw	8,10
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	8,10
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	8,10
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	8,10
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	8,10
23567	Beef, ground, 85% lean meat / 15% fat, raw	8,10
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	8,00
13047	Beef, grass-fed, ground, raw	8,00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	8,00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	8,00
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	8,00
23220	Beef, ground, unspecified fat content, cooked	8,00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	8,00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	8,00
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	7,90
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	7,90
23562	Beef, ground, 90% lean meat / 10% fat, raw	7,90
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	7,90
36629	Restaurant, Chinese, orange chicken	7,90
05006	Chicken, broilers or fryers, meat and skin, raw	7,80
05740	Turkey, thigh, from whole bird, meat only, raw	7,80
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	7,80
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	7,80
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	7,80
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	7,80
23472	Beef, ground, 93% lean meat / 7% fat, raw	7,80
23557	Beef, ground, 95% lean meat / 5% fat, raw	7,80
05332	Chicken, ground, raw	7,70
23477	Beef, ground, 97% lean meat / 3% fat, raw	7,70
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	7,70
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	7,70
07027	Ham, chopped, not canned	7,60
13000	Beef, grass-fed, strip steaks, lean only, raw	7,60
17202	Veal, variety meats and by-products, liver, raw	7,60
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	7,60

NDB_No	Description	Betaine(mg) Value Per
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	7,50
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	7,50
36617	Restaurant, Chinese, lemon chicken	7,50
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	7,40
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	7,40
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	7,40
27059	Sauce, peanut, made from peanut butter, water, soy sauce	7,40
36622	Restaurant, Chinese, sweet and sour pork	7,40
05663	Ground turkey, fat free, pan-broiled crumbles	7,30
07051	Olive loaf, pork	7,30
07954	Beef sausage, pre-cooked	7,30
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	7,30
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	7,30
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	7,30
18326	Pie, pumpkin, commercially prepared	7,30
21005	Fast Foods, biscuit, with egg and sausage	7,30
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	7,30
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	7,20
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	7,20
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	7,20
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	7,20
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	7,20
02028	Spices, paprika	7,10
05665	Ground turkey, 93% lean, 7% fat, raw	7,10
05739	Turkey, drumstick, from whole bird, meat only, roasted	7,10
07979	Sausage, pork, turkey, and beef, reduced sodium	7,10
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	7,10
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	7,10
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	7,10
22978	Chicken tenders, breaded, frozen, prepared	7,10
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	7,10
05018	Chicken, broilers or fryers, skin only, cooked, roasted	7,00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	7,00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	7,00
05140	Duck, domesticated, meat and skin, cooked, roasted	7,00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	7,00

NDB_No	Description	Betaine(mg) Value Per
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	7,00
05694	Turkey, dark meat from whole, meat only, with added solution, raw	7,00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	7,00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	7,00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	7,00
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	7,00
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	7,00
03005	Babyfood, meat, veal, strained	6,90
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	6,90
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	6,90
05141	Duck, domesticated, meat only, raw	6,90
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	6,90
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	6,90
19015	Snacks, granola bars, hard, plain	6,90
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	6,90
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	6,80
05022	Chicken, broilers or fryers, giblets, cooked, simmered	6,80
07030	Ham, minced	6,80
07031	Ham salad spread	6,80
07039	Lebanon bologna, beef	6,80
10153	Pork, cured, ham, whole, separable lean only, roasted	6,80
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	6,80
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	6,80
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	6,80
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	6,70
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	6,70
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	6,70
07006	Bockwurst, pork, veal, raw	6,70
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	6,70
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	6,70
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	6,70
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	6,70
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	6,70
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	6,70
42280	Frankfurter, meat and poultry, low fat	6,70
03010	Babyfood, meat, lamb, strained	6,60

NDB_No	Description	Betaine(mg) Value Per
03011	Babyfood, meat, lamb, junior	6,60
05012	Chicken, broilers or fryers, meat only, cooked, fried	6,60
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	6,60
05664	Ground turkey, fat free, patties, broiled	6,60
07905	Frankfurter, beef, pork, and turkey, fat free	6,60
05216	Turkey, back, from whole bird, meat only, roasted	6,50
05354	USDA Commodity, turkey taco meat, frozen, cooked	6,50
05741	Turkey, thigh, from whole bird, meat only, roasted	6,50
07016	Cheesefurter, cheese smokie, pork, beef	6,50
07032	Ham and cheese loaf or roll	6,50
07056	Peppered loaf, pork, beef	6,50
05668	Ground turkey, 85% lean, 15% fat, raw	6,40
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	6,40
10973	Pork, ground, 96% lean / 4% fat, raw	6,40
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	6,40
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	6,40
05305	Ground turkey, raw	6,30
07026	Ham, chopped, canned	6,30
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	6,30
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	6,30
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	6,30
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	6,30
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	6,30
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	6,30
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	6,30
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	6,30
22912	Spaghetti, with meatballs in tomato sauce, canned	6,30
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	6,20
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	6,20
05228	Turkey, wing, from whole bird, meat only, roasted	6,20
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	6,20
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	6,20
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	6,20
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	6,20
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	6,20
02020	Spices, garlic powder	6,10

NDB_No	Description	Betaine(mg) Value Per
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	6,10
05186	Turkey, all classes, light meat, cooked, roasted	6,10
05220	Turkey, breast, from whole bird, meat only, roasted	6,10
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	6,10
07007	Bologna, beef	6,10
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	6,10
11265	Mushrooms, portabella, raw	6,10
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	6,10
16147	Veggie burgers or soyburgers, unprepared	6,10
19109	Candies, KIT KAT Wafer Bar	6,10
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	6,10
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	6,00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	6,00
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	6,00
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	6,00
22977	Lasagna with meat sauce, frozen, prepared	6,00
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	6,00
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	6,00
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	5,90
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	5,90
05716	Turkey, retail parts, drumstick, meat only, raw	5,90
05717	Turkey, retail parts, thigh, meat only, raw	5,90
07052	Pastrami, turkey	5,90
07072	Salami, dry or hard, pork, beef	5,90
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	5,90
43326	Pork, cured, ham, low sodium, lean and fat, cooked	5,90
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	5,90
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	5,80
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	5,80
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	5,80
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	5,80
07008	Bologna, beef and pork	5,80
07024	Frankfurter, chicken	5,80
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	5,80
42161	Bologna, beef, low fat	5,80
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	5,80

NDB_No	Description	Betaine(mg) Value Per
43366	Turkey, wing, smoked, cooked, with skin, bone removed	5,80
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	5,70
05013	Chicken, broilers or fryers, meat only, roasted	5,70
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	5,70
05190	Turkey, all classes, back, meat and skin, cooked, roasted	5,70
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	5,70
05693	Chicken, broiler, rotisserie, BBQ, back meat only	5,70
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	5,70
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	5,70
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	5,70
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	5,60
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	5,60
05118	Chicken, roasting, light meat, meat only, cooked, roasted	5,60
05736	Turkey, retail parts, drumstick, meat and skin, raw	5,60
10152	Pork, cured, ham, whole, separable lean only, unheated	5,60
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	5,60
13326	Beef, variety meats and by-products, liver, cooked, braised	5,60
22916	Lasagna with meat & sauce, frozen entree	5,60
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	5,50
07073	Sandwich spread, pork, beef	5,50
07945	Frankfurter, beef, heated	5,50
10185	Pork, cured, ham, extra lean and regular, canned, roasted	5,50
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	5,50
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	5,50
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	5,50
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	5,50
10972	Pork, ground, 84% lean / 16% fat, raw	5,50
36618	Restaurant, Chinese, general tso's chicken	5,50
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	5,40
05284	Turkey, canned, meat only, with broth	5,40
05311	Chicken, canned, no broth	5,40
05336	USDA Commodity Chicken, canned, meat only, drained	5,40
05662	Ground turkey, fat free, raw	5,40
07029	Ham, sliced, regular (approximately 11% fat)	5,40
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	5,40
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	5,40

NDB_No	Description	Betaine(mg) Value Per
05014	Chicken, broilers or fryers, meat only, stewed	5,30
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	5,30
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	5,30
05742	Turkey, retail parts, thigh, meat and skin, raw	5,30
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	5,30
07021	Dutch brand loaf, chicken, pork and beef	5,30
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	5,30
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	5,30
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	5,20
07900	Turkey, pork, and beef sausage, low fat, smoked	5,20
18324	Pie, pecan, commercially prepared	5,20
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	5,10
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	5,10
07965	Pork sausage, link/patty, reduced fat, unprepared	5,10
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	5,10
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	5,10
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	5,00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	5,00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	5,00
05333	Chicken, ground, crumbles, cooked, pan-browned	5,00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	5,00
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	5,00
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	5,00
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	4,90
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	4,90
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	4,90
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	4,80
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	4,80
05310	Chicken, cornish game hens, meat only, cooked, roasted	4,80
07010	Bologna, pork	4,80
07011	Bologna, turkey	4,80
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	4,80
07952	Bologna, chicken, turkey, pork	4,80
07973	Turkey bacon, microwaved	4,80
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	4,80
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	4,80

NDB_No	Description	Betaine(mg) Value Per
42179	Frankfurter, beef, low fat	4,80
43384	Beef, bologna, reduced sodium	4,80
03015	Babyfood, meat, turkey, strained	4,70
03016	Babyfood, meat, turkey, junior	4,70
05277	Chicken, canned, meat only, with broth	4,70
07025	Frankfurter, turkey	4,70
07063	Pork sausage, link/patty, unprepared	4,70
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	4,70
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	4,70
10998	Canadian bacon, cooked, pan-fried	4,70
13166	USDA Commodity, beef, canned	4,70
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	4,60
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	4,60
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	4,60
20015	Corn bran, crude	4,60
10184	Pork, cured, ham, extra lean and regular, canned, unheated	4,50
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	4,50
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	4,50
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	4,50
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	4,50
11212	Edamame, frozen, prepared	4,50
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	4,40
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	4,40
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	4,40
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	4,40
13325	Beef, variety meats and by-products, liver, raw	4,40
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	4,30
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	4,30
05139	Duck, domesticated, meat and skin, raw	4,30
05337	USDA Commodity, Chicken, canned, meat only, with water	4,30
05338	USDA Commodity, Chicken, canned, meat only, with broth	4,30
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	4,30
05705	Turkey, whole, meat only, with added solution, roasted	4,30
07069	Salami, cooked, beef and pork	4,30
07964	Frankfurter, meat and poultry, cooked, grilled	4,30
07967	Pork sausage, link/patty, fully cooked, unheated	4,30

NDB_No	Description	Betaine(mg) Value Per
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	4,30
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	4,30
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	4,30
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	4,30
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	4,30
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	4,30
25017	Formulated bar, POWER BAR, chocolate	4,30
42129	Bologna, beef and pork, low fat	4,30
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	4,30
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	4,20
05707	Turkey, whole, meat and skin, with added solution, roasted	4,20
07067	Poultry salad sandwich spread	4,20
07089	Sausage, Italian, pork, cooked	4,20
07959	Bologna, chicken, pork, beef	4,20
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	4,20
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	4,20
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	4,20
07019	Chorizo, pork and beef	4,10
07045	Luncheon meat, pork, canned	4,10
07963	Frankfurter, meat and poultry, cooked, boiled	4,10
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	4,10
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	4,10
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	4,10
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	4,10
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	4,10
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	4,10
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	4,10
13322	Beef, variety meats and by-products, heart, cooked, simmered	4,10
05706	Turkey, whole, meat and skin, with added solution, raw	4,00
07968	Kielbasa, fully cooked, grilled	4,00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	4,00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	4,00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	4,00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	4,00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	4,00
02010	Spices, cinnamon, ground	3,90

NDB_No	Description	Betaine(mg) Value Per
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	3,90
07070	Salami, cooked, turkey	3,90
07083	Sausage, Vienna, canned, chicken, beef, pork	3,90
07951	Scrapple, pork	3,90
07962	Frankfurter, meat and poultry, unheated	3,90
07969	Kielbasa, fully cooked, pan-fried	3,90
07971	Bologna, meat and poultry	3,90
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	3,90
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	3,90
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	3,90
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	3,90
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	3,90
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	3,90
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	3,90
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	3,90
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	3,90
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	3,90
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	3,90
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	3,90
03089	Babyfood, dinner, macaroni and cheese, strained	3,80
05170	Turkey, skin from whole (light and dark), roasted	3,80
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	3,80
05704	Turkey, whole, meat only, with added solution, raw	3,80
07014	Braunschweiger (a liver sausage), pork	3,80
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	3,80
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	3,80
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	3,80
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	3,80
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	3,80
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	3,80
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3,80
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	3,80
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	3,80
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	3,80
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	3,80
14347	Shake, fast food, vanilla	3,80

NDB_No	Description	Betaine(mg) Value Per
03017	Babyfood, meat, turkey sticks, junior	3,70
07929	Sausage, turkey, hot, smoked	3,70
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	3,70
10123	Pork, cured, bacon, unprepared	3,70
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	3,70
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	3,70
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	3,70
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	3,70
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	3,70
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	3,70
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	3,70
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	3,70
15087	Fish, salmon, sockeye, canned, drained solids	3,70
36619	Restaurant, Chinese, kung pao chicken	3,70
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	3,60
07013	Bratwurst, pork, cooked	3,60
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	3,60
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	3,60
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	3,60
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	3,60
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	3,60
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	3,60
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	3,60
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	3,60
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	3,60
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	3,60
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3,60
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	3,60
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	3,60
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	3,60
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	3,60
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	3,60
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	3,60
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	3,60
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3,60
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	3,60

NDB_No	Description	Betaine(mg) Value Per
43507	Frankfurter, low sodium	3,60
10024	Pork, fresh, loin, whole, separable lean only, raw	3,50
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	3,50
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	3,50
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	3,50
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	3,50
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	3,50
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	3,50
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	3,50
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	3,50
02021	Spices, ginger, ground	3,40
05166	Turkey, whole, meat and skin, cooked, roasted	3,40
05168	Turkey, whole, meat only, cooked, roasted	3,40
05353	USDA Commodity, chicken fajita strips, frozen	3,40
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	3,40
07078	Thuringer, cervelat, summer sausage, beef, pork	3,40
07970	Kielbasa, fully cooked, unheated	3,40
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	3,40
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	3,40
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	3,40
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	3,40
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	3,40
10130	Canadian bacon, unprepared	3,40
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	3,40
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	3,40
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	3,40
10220	Pork, fresh, ground, cooked	3,40
10860	Pork, cured, bacon, cooked, baked	3,40
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	3,40
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	3,40
18375	Leavening agents, yeast, baker's, active dry	3,40
01228	Cheese, fresh, queso fresco	3,30
05175	Turkey, heart, all classes, raw	3,30
05713	Turkey, retail parts, wing, meat only, cooked, roasted	3,30
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	3,30
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	3,30

NDB_No	Description	Betaine(mg) Value Per
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	3,30
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	3,30
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	3,30
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	3,30
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	3,30
25045	Formulated bar, high fiber, chewy, oats and chocolate	3,30
05711	Turkey, retail parts, breast, meat only, cooked, roasted	3,20
10020	Pork, fresh, loin, whole, separable lean and fat, raw	3,20
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	3,20
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	3,20
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	3,20
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	3,20
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	3,20
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	3,20
03002	Babyfood, meat, beef, strained	3,10
03003	Babyfood, meat, beef, junior	3,10
05176	Turkey, heart, all classes, cooked, simmered	3,10
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	3,10
07002	Beerwurst, beer salami, pork and beef	3,10
07050	Mortadella, beef, pork	3,10
07065	Pork and beef sausage, fresh, cooked	3,10
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	3,10
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	3,10
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	3,10
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	3,10
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	3,10
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	3,10
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	3,10
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	3,10
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3,10
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	3,10
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	3,10
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	3,10
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	3,10
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	3,10
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	3,10

NDB_No	Description	Betaine(mg) Value Per
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	3,10
12220	Seeds, flaxseed	3,10
36603	Restaurant, Chinese, beef and vegetables	3,10
05177	Turkey, liver, all classes, raw	3,00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	3,00
07919	Sausage, turkey, breakfast links, mild	3,00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	3,00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	3,00
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	3,00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	3,00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	3,00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	3,00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	3,00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	3,00
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	3,00
11672	Potato pancakes	3,00
15236	Fish, salmon, Atlantic, farmed, raw	3,00
19058	Snacks, tortilla chips, ranch-flavor	3,00
42190	Pork sausage rice links, brown and serve, cooked	3,00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	2,90
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	2,90
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	2,90
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	2,90
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	2,90
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	2,90
10132	Pork, cured, feet, pickled	2,90
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	2,90
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	2,90
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	2,90
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	2,90
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	2,90
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	2,90
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	2,90
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	2,90
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	2,90
35203	Rose Hips, wild (Northern Plains Indians)	2,90

NDB_No	Description	Betaine(mg) Value Per
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	2,80
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	2,80
07057	Pepperoni, beef and pork, sliced	2,80
07058	Pickle and pimiento loaf, pork	2,80
07953	Pork sausage, link/patty, fully cooked, microwaved	2,80
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	2,80
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	2,80
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	2,80
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	2,80
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	2,80
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	2,80
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	2,80
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	2,80
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	2,80
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	2,80
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	2,80
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	2,80
13340	Beef, variety meats and by-products, tongue, cooked, simmered	2,80
16118	Soy flour, low-fat	2,80
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	2,80
01042	Cheese, pasteurized process, American, fortified with vitamin D	2,70
02009	Spices, chili powder	2,70
05171	Turkey, whole, giblets, raw	2,70
05185	Turkey from whole, light meat, raw	2,70
05710	Turkey, retail parts, breast, meat only, raw	2,70
07034	Headcheese, pork	2,70
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	2,70
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	2,70
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	2,70
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	2,70
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	2,70
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	2,70
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	2,70
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	2,70
15121	Fish, tuna, light, canned in water, drained solids	2,70
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	2,60

NDB_No	Description	Betaine(mg) Value Per
05708	Turkey, retail parts, breast, meat only, with added solution, raw	2,60
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	2,60
07068	Salami, cooked, beef	2,60
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	2,60
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	2,60
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	2,60
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	2,60
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	2,60
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	2,60
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	2,60
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	2,60
19078	Baking chocolate, unsweetened, squares	2,60
19120	Candies, milk chocolate	2,60
20009	Buckwheat groats, roasted, dry	2,60
36626	Restaurant, Chinese, chicken and vegetables	2,60
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	2,50
05219	Turkey, breast, from whole bird, meat only, raw	2,50
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	2,50
05696	Turkey from whole, light meat, meat only, with added solution, raw	2,50
05714	Turkey, skin, from retail parts, from dark meat, raw	2,50
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	2,50
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	2,50
07044	USDA Commodity, luncheon meat, canned	2,50
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	2,50
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	2,50
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	2,50
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	2,50
10192	Pork, fresh, backribs, separable lean and fat, raw	2,50
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	2,50
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	2,50
05178	Turkey, liver, all classes, cooked, simmered	2,40
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	2,40
07038	Knackwurst, knockwurst, pork, beef	2,40
10158	USDA Commodity, pork, canned	2,40
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	2,40
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	2,40

NDB_No	Description	Betaine(mg) Value Per
03298	Babyfood, dinner, broccoli and chicken, junior	2,30
05172	Turkey, whole, giblets, cooked, simmered	2,30
05732	Turkey, retail parts, breast, meat and skin, raw	2,30
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	2,30
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	2,30
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	2,30
20142	Teff, uncooked	2,30
05024	Chicken, gizzard, all classes, cooked, simmered	2,20
07005	Blood sausage	2,20
10088	Pork, fresh, spareribs, separable lean and fat, raw	2,20
13020	Beef, retail cuts, separable fat, cooked	2,20
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	2,20
05698	Turkey, skin from whole (light and dark), with added solution, raw	2,10
07075	Sausage, smoked link sausage, pork and beef	2,10
16108	Soybeans, mature seeds, raw	2,10
10000	Pork, fresh, composite of separable fat, with added solution, cooked	2,00
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	1,90
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	1,90
02024	Spices, mustard seed, ground	1,90
05173	Turkey, gizzard, all classes, raw	1,90
10007	Pork, fresh, separable fat, cooked	1,90
10895	Pork, cured, ham, separable fat, boneless, unheated	1,90
04636	Salad dressing, italian dressing, fat-free	1,80
05174	Turkey, gizzard, all classes, cooked, simmered	1,80
07074	Smoked link sausage, pork	1,80
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	1,80
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	1,80
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	1,80
15138	Crustaceans, crab, alaska king, imitation, made from surimi	1,80
22905	Beef stew, canned entree	1,80
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	1,80
02029	Spices, parsley, dried	1,70
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	1,70
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	1,70
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	1,70
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	1,70

NDB_No	Description	Betaine(mg) Value Per
10942	Pork, fresh, composite of separable fat, with added solution, raw	1,70
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	1,70
19296	Honey	1,70
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	1,70
36411	Restaurant, Latino, tamale, corn	1,70
01210	Egg Mix, USDA Commodity	1,60
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	1,50
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	1,50
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	1,50
01046	Cheese food, pasteurized process, American, vitamin D fortified	1,40
02011	Spices, cloves, ground	1,40
11950	Mushrooms, enoki, raw	1,40
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	1,40
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	1,30
10165	Pork, cured, salt pork, raw	1,30
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1,30
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	1,30
01252	Cheese product, pasteurized process, American, vitamin D fortified	1,20
06194	Soup, chicken broth, ready-to-serve	1,20
08506	Cereals ready-to-eat, RALSTON Corn Flakes	1,20
10006	Pork, fresh, separable fat, raw	1,20
19057	Snacks, tortilla chips, nacho cheese	1,20
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	1,20
03053	Babyfood, dinner, vegetables and beef, strained	1,10
03054	Babyfood, dinner, vegetables and beef, junior	1,10
08090	Cereals, corn grits, white, regular and quick, enriched, dry	1,10
08092	Cereals, QUAKER, corn grits, instant, plain, dry	1,10
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	1,10
21248	WENDY'S, Frosty Dairy Dessert	1,10
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	1,10
01254	Cheese food, pasteurized process, American, without added vitamin D	1,00
16097	Peanut butter, chunk style, with salt	1,00
16156	Peanut butter, chunky, vitamin and mineral fortified	1,00
16397	Peanut butter, chunk style, without salt	1,00
19423	Snacks, potato chips, fat-free, made with olestra	1,00
20022	Cornmeal, degermed, enriched, yellow	1,00

NDB_No	Description	Betaine(mg) Value Per
20322	Cornmeal, degermed, enriched, white	1,00
20422	Cornmeal, degermed, unenriched, yellow	1,00
20522	Cornmeal, degermed, unenriched, white	1,00
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	1,00
27001	Soup, hot and sour, Chinese restaurant	1,00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0,90
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0,90
01105	Milk, chocolate beverage, hot cocoa, homemade	0,90
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0,90
01125	Egg, yolk, raw, fresh	0,90
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0,90
01229	Cheese, white, queso blanco	0,90
02033	Spices, poppy seed	0,90
06749	Soup, beef and vegetables, canned, ready-to-serve	0,90
11012	Asparagus, cooked, boiled, drained	0,90
11705	Asparagus, cooked, boiled, drained, with salt	0,90
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	0,90
19183	Puddings, chocolate, ready-to-eat	0,90
19205	Egg custards, dry mix, prepared with 2% milk	0,90
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0,80
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0,80
01256	Yogurt, Greek, plain, nonfat	0,80
09302	Raspberries, raw	0,80
09518	Raspberries, frozen, unsweetened	0,80
11098	Brussels sprouts, raw	0,80
11399	Potato puffs, frozen, oven-heated	0,80
11549	Tomato products, canned, sauce	0,80
11578	Vegetable juice cocktail, canned	0,80
11585	Vegetable juice cocktail, low sodium, canned	0,80
12152	Nuts, pistachio nuts, dry roasted, without salt added	0,80
12652	Nuts, pistachio nuts, dry roasted, with salt added	0,80
16098	Peanut butter, smooth style, with salt	0,80
16120	Soymilk, original and vanilla, unfortified	0,80
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0,80
16155	Peanut butter, smooth, vitamin and mineral fortified	0,80
16398	Peanut butter, smooth style, without salt	0,80

NDB_No	Description	Betaine(mg) Value Per
19034	Snacks, popcorn, air-popped	0,80
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	0,80
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0,80
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0,80
36623	Restaurant, Chinese, chicken chow mein	0,80
43217	Tomato sauce, canned, no salt added	0,80
01009	Cheese, cheddar	0,70
01012	Cheese, cottage, creamed, large or small curd	0,70
01017	Cheese, cream	0,70
01029	Cheese, mozzarella, low moisture, part-skim	0,70
01049	Cream, fluid, half and half	0,70
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0,70
01199	Cream, half and half, fat free	0,70
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0,70
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0,70
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	0,70
09037	Avocados, raw, all commercial varieties	0,70
09038	Avocados, raw, California	0,70
09094	Figs, dried, uncooked	0,70
11015	Asparagus, canned, drained solids	0,70
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0,70
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0,70
11211	Edamame, frozen, unprepared	0,70
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0,70
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0,70
11709	Asparagus, frozen, cooked, boiled, drained, with salt	0,70
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	0,70
12142	Nuts, pecans	0,70
14287	Beverages, Lemonade, powder	0,70
14296	Beverages, lemonade-flavor drink, powder	0,70
43261	Yogurt, fruit variety, nonfat	0,70
01015	Cheese, cottage, lowfat, 2% milkfat	0,60
01040	Cheese, swiss	0,60
01056	Cream, sour, cultured	0,60
01057	Eggnog	0,60
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0,60

NDB_No	Description	Betaine(mg) Value Per
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0,60
01129	Egg, whole, cooked, hard-boiled	0,60
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0,60
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0,60
03681	Babyfood, cereal, barley, prepared with whole milk	0,60
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0,60
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0,60
03694	Babyfood, cereal, rice, prepared with whole milk	0,60
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0,60
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0,60
05047	Chicken, broilers or fryers, separable fat, raw	0,60
10004	Pork, fresh, backfat, raw	0,60
11011	Asparagus, raw	0,60
11905	Corn, sweet, white, canned, whole kernel, drained solids	0,60
16087	Peanuts, all types, raw	0,60
16399	Peanut butter with omega-3, creamy	0,60
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0,60
19170	Egg custards, dry mix, prepared with whole milk	0,60
19270	Ice creams, chocolate	0,60
31021	Potatoes, hash brown, refrigerated, unprepared	0,60
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	0,60
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0,50
03121	Babyfood, vegetables, peas, strained	0,50
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	0,50
03685	Babyfood, cereal, mixed, prepared with whole milk	0,50
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0,50
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	0,50
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	0,50
09148	Kiwifruit, green, raw	0,50
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0,50
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0,50
11114	Cabbage, savoy, raw	0,50
11364	Potatoes, baked, skin, without salt	0,50
11439	Sauerkraut, canned, solids and liquids	0,50
11830	Potatoes, baked, skin only, with salt	0,50
12061	Nuts, almonds	0,50

NDB_No	Description	Betaine(mg) Value Per
12154	Nuts, walnuts, black, dried	0,50
12665	Nuts, almonds, oil roasted, lightly salted	0,50
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0,50
19173	Gelatin desserts, dry mix, prepared with water	0,50
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0,50
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0,50
20010	Buckwheat groats, roasted, cooked	0,50
20037	Rice, brown, long-grain, cooked	0,50
21249	BURGER KING, french fries	0,50
35202	Raspberries, wild (Northern Plains Indians)	0,50
36413	Restaurant, Latino, black bean soup	0,50
43015	Salad dressing, caesar dressing, regular	0,50
43021	Salad dressing, caesar, low calorie	0,50
01227	Cheese, dry white, queso seco	0,40
02026	Spices, onion powder	0,40
02044	Basil, fresh	0,40
03130	Babyfood, fruit, peaches, strained	0,40
03131	Babyfood, fruit, peaches, junior	0,40
04639	Salad dressing, ranch dressing, regular	0,40
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	0,40
06150	Sauce, barbecue	0,40
06307	Sauce, barbecue, KRAFT, original	0,40
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0,40
09087	Dates, deglet noor	0,40
09291	Plums, dried (prunes), uncooked	0,40
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0,40
09421	Dates, medjool	0,40
11001	Alfalfa seeds, sprouted, raw	0,40
11109	Cabbage, raw	0,40
11124	Carrots, raw	0,40
11134	Cassava, raw	0,40
11161	Collards, raw	0,40
11546	Tomato products, canned, paste, without salt added	0,40
11945	Pickle relish, sweet	0,40
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0,40
12078	Nuts, brazilnuts, dried, unblanched	0,40

NDB_No	Description	Betaine(mg) Value Per
12120	Nuts, hazelnuts or filberts	0,40
12147	Nuts, pine nuts, dried	0,40
12201	Seeds, sesame seed kernels, dried (decorticated)	0,40
16011	Beans, baked, canned, with pork and tomato sauce	0,40
16042	Beans, pinto, mature seeds, raw	0,40
16090	Peanuts, all types, dry-roasted, with salt	0,40
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0,40
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0,40
16167	USDA Commodity, Peanut Butter, smooth	0,40
16390	Peanuts, all types, dry-roasted, without salt	0,40
18360	Taco shells, baked	0,40
18363	Tortillas, ready-to-bake or -fry, corn	0,40
19056	Snacks, tortilla chips, plain, white corn, salted	0,40
21138	Fast foods, potato, french fried in vegetable oil	0,40
21238	McDONALD'S, french fries	0,40
21247	WENDY'S, french fries	0,40
35204	Chokecherries, raw, pitted (Northern Plains Indians)	0,40
36414	Restaurant, Latino, tripe soup	0,40
01001	Butter, salted	0,30
01002	Butter, whipped, with salt	0,30
01123	Egg, whole, raw, fresh	0,30
01124	Egg, white, raw, fresh	0,30
01128	Egg, whole, cooked, fried	0,30
01131	Egg, whole, cooked, poached	0,30
01132	Egg, whole, cooked, scrambled	0,30
03104	Babyfood, vegetables, squash, strained	0,30
03105	Babyfood, vegetables, squash, junior	0,30
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0,30
04018	Salad dressing, mayonnaise type, regular, with salt	0,30
04027	Salad dressing, mayonnaise, imitation, soybean	0,30
04120	Salad dressing, french dressing, commercial, regular	0,30
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	0,30
06067	Soup, chunky vegetable, canned, ready-to-serve	0,30
09032	Apricots, dried, sulfured, uncooked	0,30
09042	Blackberries, raw	0,30
09236	Peaches, yellow, raw	0,30

NDB_No	Description	Betaine(mg) Value Per
09257	Pears, canned, heavy syrup pack, solids and liquids	0,30
09298	Raisins, seedless	0,30
09326	Watermelon, raw	0,30
09370	Peaches, canned, heavy syrup, drained	0,30
11087	Beet greens, cooked, boiled, drained, without salt	0,30
11096	Broccoli raab, raw	0,30
11110	Cabbage, cooked, boiled, drained, without salt	0,30
11116	Cabbage, chinese (pak-choi), raw	0,30
11119	Cabbage, chinese (pe-tsai), raw	0,30
11130	Carrots, frozen, unprepared	0,30
11147	Chard, swiss, raw	0,30
11234	Kale, cooked, boiled, drained, without salt	0,30
11236	Kale, frozen, cooked, boiled, drained, without salt	0,30
11245	Lambsquarters, cooked, boiled, drained, without salt	0,30
11267	Mushrooms, shiitake, stir-fried	0,30
11370	Potatoes, hash brown, home-prepared	0,30
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0,30
11657	Potatoes, mashed, home-prepared, whole milk added	0,30
11751	Cabbage, common, cooked, boiled, drained, with salt	0,30
11790	Kale, cooked, boiled, drained, with salt	0,30
11791	Kale, frozen, cooked, boiled, drained, with salt	0,30
11794	Lambsquarters, cooked, boiled, drained, with salt	0,30
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0,30
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0,30
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0,30
12132	Nuts, macadamia nuts, dry roasted, without salt added	0,30
12155	Nuts, walnuts, english	0,30
12632	Nuts, macadamia nuts, dry roasted, with salt added	0,30
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	0,30
13335	Beef, variety meats and by-products, suet, raw	0,30
14096	Alcoholic beverage, wine, table, red	0,30
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	0,30
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	0,30
20045	Rice, white, long-grain, regular, enriched, cooked	0,30
25000	Snacks, popcorn, microwave, 94% fat free	0,30
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0,30

NDB_No	Description	Betaine(mg) Value Per
35198	Prickly pears, raw (Northern Plains Indians)	0,30
36035	Restaurant, family style, coleslaw	0,30
43143	Cabbage, japanese style, fresh, pickled	0,30
43144	Cabbage, mustard, salted	0,30
01032	Cheese, parmesan, grated	0,20
01130	Egg, whole, cooked, omelet	0,20
01251	Cheese, Mexican blend	0,20
02046	Mustard, prepared, yellow	0,20
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	0,20
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0,20
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	0,20
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0,20
09050	Blueberries, raw	0,20
09078	Cranberries, raw	0,20
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0,20
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0,20
09160	Lime juice, raw	0,20
09191	Nectarines, raw	0,20
09209	Orange juice, chilled, includes from concentrate	0,20
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0,20
09211	Orange juice, chilled, includes from concentrate, with added calcium	0,20
09252	Pears, raw	0,20
09316	Strawberries, raw	0,20
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0,20
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0,20
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	0,20
10864	Pork, bacon, rendered fat, cooked	0,20
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0,20
11007	Artichokes, (globe or french), raw	0,20
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	0,20
11056	Beans, snap, green, canned, regular pack, drained solids	0,20
11097	Broccoli raab, cooked	0,20
11099	Brussels sprouts, cooked, boiled, drained, without salt	0,20
11104	Burdock root, raw	0,20
11105	Burdock root, cooked, boiled, drained, without salt	0,20
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0,20

NDB_No	Description	Betaine(mg) Value Per
11162	Collards, cooked, boiled, drained, without salt	0,20
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	0,20
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0,20
11203	Cress, garden, raw	0,20
11253	Lettuce, green leaf, raw	0,20
11257	Lettuce, red leaf, raw	0,20
11271	Mustard greens, cooked, boiled, drained, without salt	0,20
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0,20
11304	Peas, green, raw	0,20
11305	Peas, green, cooked, boiled, drained, without salt	0,20
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0,20
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0,20
11352	Potatoes, flesh and skin, raw	0,20
11353	Potatoes, russet, flesh and skin, raw	0,20
11354	Potatoes, white, flesh and skin, raw	0,20
11355	Potatoes, red, flesh and skin, raw	0,20
11356	Potatoes, Russet, flesh and skin, baked	0,20
11357	Potatoes, white, flesh and skin, baked	0,20
11358	Potatoes, red, flesh and skin, baked	0,20
11363	Potatoes, baked, flesh, without salt	0,20
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0,20
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0,20
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0,20
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0,20
11547	Tomato products, canned, puree, without salt added	0,20
11644	Squash, winter, all varieties, cooked, baked, without salt	0,20
11674	Potatoes, baked, flesh and skin, without salt	0,20
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	0,20
11729	Beans, snap, green, canned, no salt added, drained solids	0,20
11736	Beet greens, cooked, boiled, drained, with salt	0,20
11745	Brussels sprouts, cooked, boiled, drained, with salt	0,20
11747	Burdock root, cooked, boiled, drained, with salt	0,20
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0,20
11768	Collards, cooked, boiled, drained, with salt	0,20
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	0,20
11799	Mustard greens, cooked, boiled, drained, with salt	0,20

NDB_No	Description	Betaine(mg) Value Per
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0,20
11811	Peas, green, cooked, boiled, drained, with salt	0,20
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	0,20
11829	Potatoes, baked, flesh, with salt	0,20
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0,20
11863	Squash, winter, all varieties, cooked, baked, with salt	0,20
11888	Tomato products, canned, puree, with salt added	0,20
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0,20
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0,20
11935	Catsup	0,20
11949	Catsup, low sodium	0,20
14292	Lemonade, frozen concentrate, white	0,20
14542	Lemonade, frozen concentrate, pink	0,20
16010	Beans, baked, canned, with pork and sweet sauce	0,20
19411	Snacks, potato chips, plain, salted	0,20
25062	Snack, Mixed Berry Bar	0,20
25064	Snacks, potato chips, lightly salted	0,20
27052	Dip, salsa con queso, cheese and salsa- medium	0,20
35206	Plums, wild (Northern Plains Indians)	0,20
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0,20
36602	Restaurant, Chinese, fried rice, without meat	0,20
01069	Cream substitute, powdered	0,10
03091	Babyfood, vegetables, green beans, strained	0,10
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0,10
03964	Babyfood, fortified cereal bar, fruit filling	0,10
03994	Babyfood, fruit, banana and strawberry, junior	0,10
04053	Oil, olive, salad or cooking	0,10
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0,10
09003	Apples, raw, with skin	0,10
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0,10
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0,10
09040	Bananas, raw	0,10
09112	Grapefruit, raw, pink and red, all areas	0,10
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0,10
09181	Melons, cantaloupe, raw	0,10
09202	Oranges, raw, navels	0,10

NDB_No	Description	Betaine(mg) Value Per
09218	Tangerines, (mandarin oranges), raw	0,10
09266	Pineapple, raw, all varieties	0,10
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0,10
09429	Pineapple, raw, traditional varieties	0,10
09430	Pineapple, raw, extra sweet variety	0,10
09433	Clementines, raw	0,10
09435	Guava nectar, canned, with added ascorbic acid	0,10
09437	Tamarind nectar, canned	0,10
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0,10
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0,10
11052	Beans, snap, green, raw	0,10
11053	Beans, snap, green, cooked, boiled, drained, without salt	0,10
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0,10
11090	Broccoli, raw	0,10
11091	Broccoli, cooked, boiled, drained, without salt	0,10
11112	Cabbage, red, raw	0,10
11113	Cabbage, red, cooked, boiled, drained, without salt	0,10
11125	Carrots, cooked, boiled, drained, without salt	0,10
11128	Carrots, canned, regular pack, drained solids	0,10
11131	Carrots, frozen, cooked, boiled, drained, without salt	0,10
11136	Cauliflower, cooked, boiled, drained, without salt	0,10
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0,10
11143	Celery, raw	0,10
11148	Chard, swiss, cooked, boiled, drained, without salt	0,10
11205	Cucumber, with peel, raw	0,10
11206	Cucumber, peeled, raw	0,10
11250	Lettuce, butterhead (includes boston and bibb types), raw	0,10
11251	Lettuce, cos or romaine, raw	0,10
11252	Lettuce, iceberg (includes crisphead types), raw	0,10
11282	Onions, raw	0,10
11286	Onions, yellow, sauteed	0,10
11294	Onions, sweet, raw	0,10
11313	Peas, green, frozen, cooked, boiled, drained, without salt	0,10
11333	Peppers, sweet, green, raw	0,10
11339	Peppers, sweet, green, sauteed	0,10
11429	Radishes, raw	0,10

NDB_No	Description	Betaine(mg) Value Per
11430	Radishes, oriental, raw	0,10
11431	Radishes, oriental, cooked, boiled, drained, without salt	0,10
11529	Tomatoes, red, ripe, raw, year round average	0,10
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0,10
11723	Beans, snap, green, cooked, boiled, drained, with salt	0,10
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0,10
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	0,10
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0,10
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0,10
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0,10
11742	Broccoli, cooked, boiled, drained, with salt	0,10
11757	Carrots, cooked, boiled, drained, with salt	0,10
11758	Carrots, canned, no salt added, solids and liquids	0,10
11760	Carrots, frozen, cooked, boiled, drained, with salt	0,10
11761	Cauliflower, cooked, boiled, drained, with salt	0,10
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0,10
11765	Chard, swiss, cooked, boiled, drained, with salt	0,10
11812	Peas, green, canned, no salt added, solids and liquids	0,10
11814	Peas, green, frozen, cooked, boiled, drained, with salt	0,10
11821	Peppers, sweet, red, raw	0,10
11850	Radishes, oriental, cooked, boiled, drained, with salt	0,10
11921	Peppers, sweet, red, sauteed	0,10
11932	Beans, snap, yellow, canned, regular pack, drained solids	0,10
11959	Arugula, raw	0,10
11960	Carrots, baby, raw	0,10
11969	Broccoli, chinese, cooked	0,10
14150	Beverages, carbonated, orange	0,10
14242	Cranberry juice cocktail, bottled	0,10
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0,10
14400	Beverages, carbonated, cola, fast-food cola	0,10
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0,10
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	0,10
16006	Beans, baked, canned, plain or vegetarian	0,10
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0,10
16029	Beans, kidney, all types, mature seeds, canned	0,10
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0,10

NDB_No	Description	Betaine(mg) Value Per
16037	Beans, navy, mature seeds, raw	0,10
16038	Beans, navy, mature seeds, cooked, boiled, without salt	0,10
16039	Beans, navy, mature seeds, canned	0,10
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	0,10
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0,10
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0,10
19003	Snacks, corn-based, extruded, chips, plain	0,10
19334	Sugars, brown	0,10
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	0,10
25040	Snacks, vegetable chips, made from garden vegetables	0,10
35200	Prairie Turnips, raw (Northern Plains Indians)	0,10
43311	Potatoes, canned, drained solids, no salt added	0,10
01205	Cream substitute, flavored, liquid	0,00
01206	Cream substitute, flavored, powdered	0,00
03997	Babyfood, Baby MUM MUM Rice Biscuits	0,00
04025	Salad dressing, mayonnaise, regular	0,00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0,00
04042	Oil, peanut, salad or cooking	0,00
04044	Oil, soybean, salad or cooking	0,00
04114	Salad dressing, italian dressing, commercial, regular	0,00
04528	Oil, walnut	0,00
04582	Oil, canola	0,00
04641	Salad dressing, mayonnaise, light	0,00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0,00
04650	Oil, industrial, soy, refined, for woks and light frying	0,00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0,00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0,00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	0,00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	0,00
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	0,00
09434	Guanabana nectar, canned	0,00
09436	Mango nectar, canned	0,00
11659	Sweet potato, cooked, candied, home-prepared	0,00
11937	Pickles, cucumber, dill or kosher dill	0,00
11941	Pickles, cucumber, sour	0,00
11946	Pickles, cucumber, sour, low sodium	0,00

NDB_No	Description	Betaine(mg) Value Per
11947	Pickles, cucumber, dill, reduced sodium	0,00
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0,00
13350	Beef, cured, dried	0,00
14021	Beverages, Energy drink, Citrus	0,00
14288	Lemonade, powder, prepared with water	0,00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0,00
18209	Cookies, sugar wafers with creme filling, regular	0,00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0,00
18370	Leavening agents, baking powder, double-acting, straight phosphate	0,00
18371	Leavening agents, baking powder, low-sodium	0,00
18372	Leavening agents, baking soda	0,00
18373	Leavening agents, cream of tartar	0,00
18963	Garlic bread, frozen	0,00
18967	Bread, white wheat	0,00
18973	Focaccia, Italian flatbread, plain	0,00
19018	Fruit syrup	0,00
19051	Snacks, rice cracker brown rice, plain	0,00
19099	Candies, fondant, prepared-from-recipe	0,00
19113	Syrups, table blends, pancake, with butter	0,00
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0,00
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0,00
19919	Candies, fruit snacks, with high vitamin C	0,00
19924	Syrup, NESTLE, chocolate	0,00
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0,00
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	0,00
25028	Tortilla chips, yellow, plain, salted	0,00
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	0,00
25036	Snacks, granola bites, mixed flavors	0,00
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	0,00
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	0,00
42289	Oil, corn and canola	0,00